

LITTLE VIC

THE GOOD OIL

ISSUE 1

THURSDAY 30 MARCH 2022: HALL'S GAP - ARRIVAL DAY

Tomorrow's riding: Hall's Gap to Dunkeld (72km)



**GREAT VIC
BIKE RIDE**



WELCOME TO THE FIRST EVER LITTLE VIC BIKE RIDE!

Welcome to the Little Vic Bike Ride, our first ever, one-off, four-day version of the iconic Great Vic. But don't let the name fool you – this event promises to deliver just as much fun as the Great Vic we know and love, jam-packed into a new four-day format.

We're so excited to be able to get together for the Little Vic after what has been a tough couple of years. While it has been a terrible shame to miss out on two Great Vics in a row, the anticipation for this stunning route through Western Victoria has all been building to this day!

Over 1500 riders will be joining us on this historic adventure, supported by more than 300 volunteers, as we ride through the majestic Grampians and make home at three charming townships along the way.

But for now, rest up in preparation for an epic long weekend, and know that any and everything going on with the roads we travel, the towns we visit and the people we meet along the way will be covered right here in The Good Oil.

MAJOR PARTNER



PARTNER



HOSTS



**Horsham Rural City
Council** urban rural balance

TODAY'S MENU

DINNER

STANDARD: Marinated Beef Strips & Thai salad with roasted root vegetables

VEGETARIAN: Vegetarian Kofta & Thai salad with roasted root vegetables

GLUTEN FREE: Marinated Beef Strips & Thai salad with roasted root vegetables

GLUTEN FREE VEG: Vegetarian Kofta & Thai salad with roasted root vegetables

GLUTEN FREE VEGAN: GF Vegan Kofta & Thai salad with roasted root vegetables

VEGAN: Vegan Kofta & Thai salad with roasted root vegetables

DESSERT

STANDARD: Belgian Choc Mousse in a waffle cone

VEGETARIAN: Belgian Choc Mousse in a waffle cone

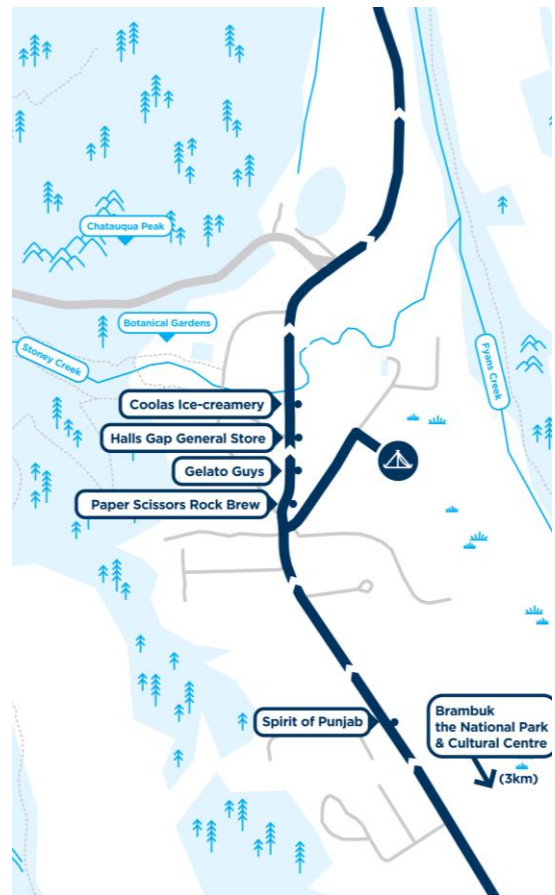
GLUTEN FREE: GF Mousse Cake

GLUTEN FREE VEGETARIAN: GF Mousse Cake

GLUTEN FREE VEGAN: Vegan Choc Mousse

VEGAN: Vegan Choc Mousse

TODAY'S CAMP



WHAT IS THE GOOD OIL?

The Good Oil is the Great Vic's daily newspaper that is given to riders each evening and is a must read to ensure you, the rider, is kept informed on each day's happenings on the ride, and to get the real story about the tales you encounter while riding. It is our pleasure to take you on this adventure and you can be rest assured we will do our best to maximise your experiences throughout the ride.

Do you have a story to tell?

Come to The Hub (the big blue container) and let our team members know your story for a chance to feature in The Good Oil.

Calling all Bicycle Network members!

Come and enjoy a free drink, sample some local produce and relax to some local live music at the Bicycle Network members lounge tonight at Paper Scissors Rock Brew Co from 5-8pm.

Not a member? Meet the Bicycle Network team at The Hub and chat about how becoming a member makes bike riding easier for all Australians. Memberships start from \$11.49 per month.

WHAT'S ON TODAY

ENTERTAINMENT

Main stage entertainment

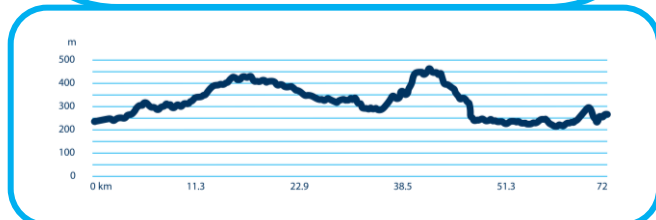
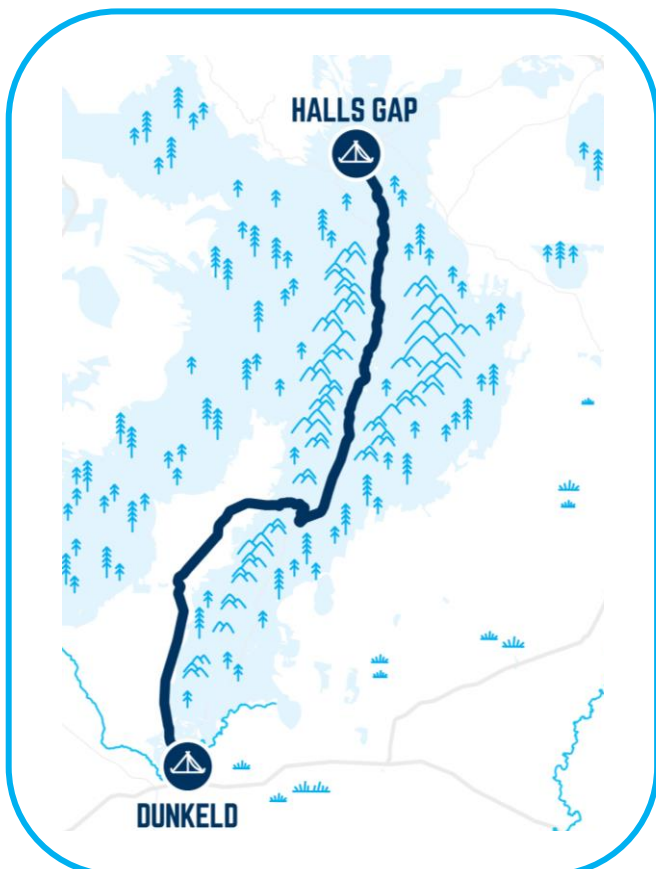
2:00pm – 6:00pm – Caravan Sounds
From 7:30pm – slap, Bam, BOOM

Outdoor cinema

From 5pm – Wonder
From 7.30pm – Million Dollar Baby

TOMORROW'S RIDE

The most scenic riding of the route, tomorrow we'll pedal straight down the middle of the Grampians, with towering rocky peaks on either side on our way to Dunkeld.



TOMORROW'S WEATHER

MIN: 9° MAX: 19°

Mostly sunny. Winds southeasterly 25 to 35 km/h. Overnight temperatures falling to between 7 and 10 with daytime temperatures reaching the low 20s.

WARBY TIPS - ATTITUDE

Enjoy the views, stop, rest and relax. It's a holiday, not a race. You're burning calories, you can afford the odd coffee and cake. There is nothing wrong with walking up a hill, just be sure that you don't get in the way of those still pedalling. Get going early, particularly on hot days – beat the heat. Never feel overwhelmed by a day or section of the ride. If it's a big day, don't think of the entire day's ride distance, just the small section until your break. The worst that is going to happen is that you will be slow or need some help – neither of these conditions is terminal!

TOMORROW'S TOWN

Dunkeld General Store

The Dunkeld General Store has an ever-growing range of locally-sourced delicacies and delights with famously friendly service. Do yourself a favour and grab a taste of the Grampians to take home with you.

Dunkeld Arboretum

A sanctuary of walking tracks, giant red gums, lakes and even a labyrinth – the picturesque Dunkeld Arboretum allows you to take in the beauty, peace and imagery of nature at its finest. Stretch the legs after your first day in the saddle with a walk around the beautiful reserve with breathtaking views of Mt Sturgeon, after which the township of Dunkeld was originally named.

Dunkeld Old Bakery

Good news for the love affair between bike riders and bakeries! Dunkeld Old Bakery has been operating in the same location since 1887, and bakes an excellent collection of sourdough, croissants, baguettes and gourmet pies daily, with a cosy café space full of charm. Bad news, it closes at 2pm, so don't dawdle too long if you want an afternoon delight.



TOMORROW'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Choc chip cookie (GF and vegan option)

LUNCH

STANDARD: Chicken and avocado baguette

VEGETARIAN: Avocado and salad baguette

GLUTEN FREE: Chicken and avocado GF roll

GLUTEN FREE VEGETARIAN: Cheese and salad roll

GLUTEN FREE VEGAN: Salad and tomato relish roll

VEGAN: Salad and tomato relish baguette

DINNER

STANDARD: Butter chicken curry with coconut rice and Italian salad

VEGETARIAN: Chickpea curry with coconut rice and Italian salad

GLUTEN FREE: Butter chicken curry with coconut rice and Italian salad

GLUTEN FREE VEGETARIAN: Chickpea curry with coconut rice and Italian salad

GLUTEN FREE VEGAN: Chickpea curry with coconut rice and Italian salad

VEGAN: Chickpea curry with coconut rice and Italian salad

DESSERT

STANDARD: Cheesecake in a waffle cone

VEGETARIAN: Cheesecake in a waffle cone

GLUTEN FREE: GF cheesecake

GLUTEN FREE VEGETARIAN: GF cheesecake

GLUTEN FREE VEGAN: Vegan cheesecake

VEGAN: Vegan cheesecake

TOMORROW'S ENTERTAINMENT

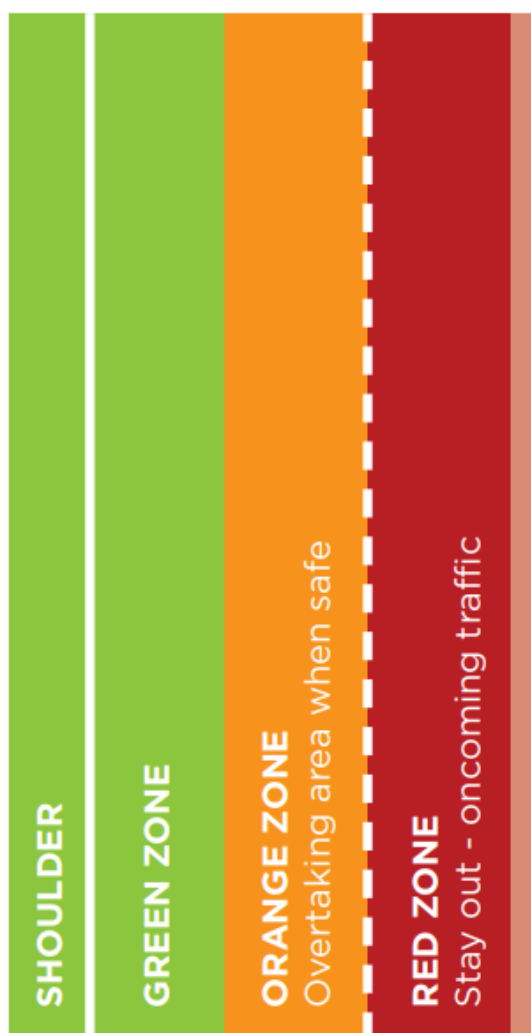
Main stage entertainment

2:00pm – 6:00pm – Caravan Sounds
From 7:30pm – The U2 Show

Outdoor cinema

From 5pm – Instant Family
From 7.30pm – The Imitation Game

! Remember that at all times on the Great Vic, normal road rules apply. Be mindful of your fellow riders and other road users, and ride responsibly.



THE DAILY EXTRA

RIDER STORY

Riding for Daniel McElholum

The Little Vic Bike Ride has a special and incredibly sad significance for Michelle and Guy McElholum: they are riding in honour of their son Daniel who silently passed away in his sleep at home in 2021.

Daniel was a student at Port Phillip Specialist School in Port Melbourne. He was 17 when he passed and he would have graduated last year.

Eleven riders from Port Phillip Specialist School are joining the Little Vic this year in Daniel's honour, including one past student, parents and community friends. Students are unable to come on the Little Vic but hope to come on the Great Vic later this year. It had been a dream to ride the Great Vic ride with Daniel one day.

Michelle and Guy McElholum will be riding the tandem bike that they used to ride with Daniel. They are raising funds to go towards Port Phillip's school programs including bike education, the arts and literacy.

Michelle and Guy said: "We are riding Daniel's custom-made tandem bike which was one of our favourite activities to do together. Daniel would often sing as we rode on bike paths around Melbourne. He loved the outdoors, especially when we rode along rivers or through 'forests'." It was difficult for Daniel to walk far but he loved riding for hours.

"Daniel attended Port Phillip through all his primary and secondary years. We were so relieved and happy as parents when we first discovered Port Phillip and found a special place which we felt could understand and support Daniel," his parents said

"We will always think of Daniel everyday with tears and smiles. Our lives revolved around supporting him and he was always going to need be with us. To help us on our journey without him we want to share what Daniel taught us and continue to give. It means a lot that he was loved by those around him and Port Phillip is continuing this support".

Juliet Cooper, Principal at Port Phillip Specialist School, said: "The Little Vic allows people with disabilities to be a part of an event which gives them greater recreational activities, a healthier lifestyle and adds to their workplace options as cycling allows them to travel from A to B with independence from carers and families".

"Bike riding and events like these give students resilience, build community relationships, pride in the school, networking with other schools and a sense of adventure," she added.



HALS GAP FACTS!

- Halls Gap was named after Charles Hall, a pastoralist who founded it in 1842. Pretty easy find with all these mountains around you'd think?
- The Indigenous people of the Halls Gap area are the Mukjarawaint, who refer to the area as "Mokepilli".
- Just out of town is Halls Gap Zoo which boasts over 160 native and exotic species.
- The cliffs surrounding you were once riverbeds! These rivers were active over 400 million years ago. The sediment slowly accumulated to a 7 kilometre thick pile and was then pushed up to form the spectacular mountains we enjoy climbing today.
- There are more Kangaroos than people in Halls Gap. Have you noticed?! Maybe not this weekend...

CROSSY'S CORNER

This very small section of the Good Oil is dedicated to everyone's favourite Bicycle Network squad member, Richard Cross, notorious for his insufferable dad jokes. We apologise in advance!

"I grew up on a barge on the river Thames in London. As a teenager, I fell in love with a beautiful girl on a neighbouring barge, but unfortunately, we drifted apart." – Crossy, 2022

"I once proposed to my partner at the gym, but it just didn't work out." - Crossy



NEWS FROM THE OUTSIDE WORLD

FLAMINGO THAT ESCAPED KANSAS ZOO IN 2005 SPOTTED IN TEXAS

A flamingo that escaped from a zoo 17 years ago has been spotted on the coast of Texas. The flamingo snuck past the zoo walls during a major storm and was miraculously captured on video this week by a local.

SCHOOL CALLS ON GORDON RAMSAY FOR HELP IN THE KITCHEN AFTER BEING SHORT ON COOKS

Because why not? A kitchen manager at Edward Peake Middle School in the U.K., reached out to Gordon Ramsay to chip in and help feed hundreds of starving students. To their surprise, he took them up on the offer!

EBAY IS SELLING A DIAMOND RING MADE FROM RANCH DRESSINGBECAUSE

Yep, you heard right. A 'diamond' created by heating dry ranch seasoning to 1300 degrees and crushed under under 400 tons of pressure for months is selling on eBay. Bids of \$12,000 have been made, so get in quick for a bargain.

Truck spills gallons of beer across highway in Kentucky

A section of the Kentucky highway was closed when an overturned truck spilled its load of beer bottles across the road. The driver was unharmed, but many mourned at the lost booze.

LITTLE VIC

THE GOOD OIL

ISSUE 2

FRIDAY 1 APRIL 2022: DUNKELD - DAY 2

Tomorrow's riding: Dunkeld to Halls Gap (via Promonal) - 110km



THE SOUTHERN GATEWAY TO THE GRAMPIANS

You know you are at the southern tip of the Grampian Ranges when you see the two rugged peaks of Mt Abrupt (825 m) and Mt Sturgeon (448 m) rising dramatically from the surrounding plains. These two rocky outcrops were both named by Major Mitchell who was the first European in the area, and it is at their footholds that you will find the historic rural town of Dunkeld.

Originally named Mount Sturgeon by the early settlers, many of whom were Scottish, the town was renamed Dunkeld (after a small Scottish town) and its importance lies in access to some of the major attractions in the Grampians.

Today, Dunkeld famously boasts one of the country's top-rated restaurants, the Royal Mail Hotel, attracting foodies from around the country and the world to the small town of less than 700 people. So, thanks to all of you lot, this weekend we've tripled the population with hungry, thirsty bike riders. Make sure you check out all this quaint township has to offer.

MAJOR PARTNER



PARTNER



HOSTS



TODAY'S MENU

Tonight DINNER

STANDARD: Butter chicken curry with coconut rice and Italian salad

VEGETARIAN: Chickpea curry with coconut rice and Italian salad

GLUTEN FREE: Butter chicken curry with coconut rice and Italian salad

GLUTEN FREE VEGETARIAN: Chickpea curry with coconut rice and Italian salad

GLUTEN FREE VEGAN: Chickpea curry with coconut rice and Italian salad

VEGAN: Chickpea curry with coconut rice and Italian salad

DESSERT

STANDARD: Cheesecake in a waffle cone

VEGETARIAN: Cheesecake in a waffle cone

GLUTEN FREE: GF cheesecake

GLUTEN FREE VEGETARIAN: GF cheesecake

GLUTEN FREE VEGAN: Vegan cheesecake

VEGAN: Vegan cheesecake

Tomorrow

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Chocolate muffin (GF and vegan options available)

LUNCH

STANDARD: Lamb, mint jelly and cheese roll

VEGETARIAN: Pesto and feta roll

GLUTEN FREE: Lamb, chutney and cheese roll

GLUTEN FREE VEGETARIAN: Salad and tomato relish roll

GLUTEN FREE VEGAN: Salad and tomato relish roll

VEGAN: Salad and tomato relish roll

TODAY'S CAMP



WHAT'S ON ENTERTAINMENT

Tonight

Main stage entertainment

From 7:30pm – The U2 Show

Outdoor cinema

From 7.30pm – The Imitation Game

Tomorrow

Main stage entertainment

3:30pm – 6:00pm – Caravan Sounds

From 6.30pm – Talent show

Don't forget to enter at The Hub!

From 7:30pm – 80's Enuff

Outdoor cinema

From 5pm – Space Jam

From 7.30pm – Gone Girl

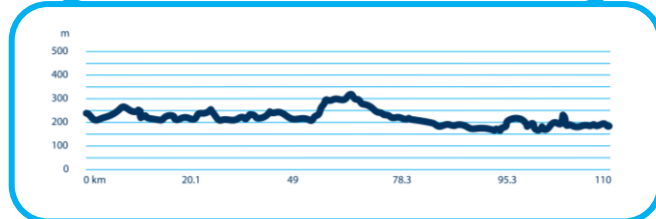


TOMORROW'S RIDE

Today's riding will follow quiet country roads alongside the eastern edge of the Grampians. While you'll clock up a cracking 110km, the terrain is mainly rolling hills with an accumulated 370m elevation gain by the time you arrive back where it all began – Halls Gap!

Pomonal Estate Winery

For those looking for a pit stop, Pomonal Estate Winery is the best place to enjoy a selection of wines, ciders and craft beer, with stunning views of the Grampians. We can't stay the night at Pomonal, so be sure to take your time to explore – it's a picturesque village famous for native flowers, orchids and rolling green hills.



TOMORROW'S WEATHER

MIN: 9° MAX: 20°

Sunny, partly cloudy in the morning, with a high of 20 (similar to today). Very high UV index of 6.5 at 1pm (wear sunscreen).

WARBY TIPS – BIKE SET UP

Adjusting your bike seat to the correct height can help prevent knee or back pain. When you have your foot on the pedal, at the lowest point, then there should still be a slight bend in your knee.

TOMORROW'S TOWN

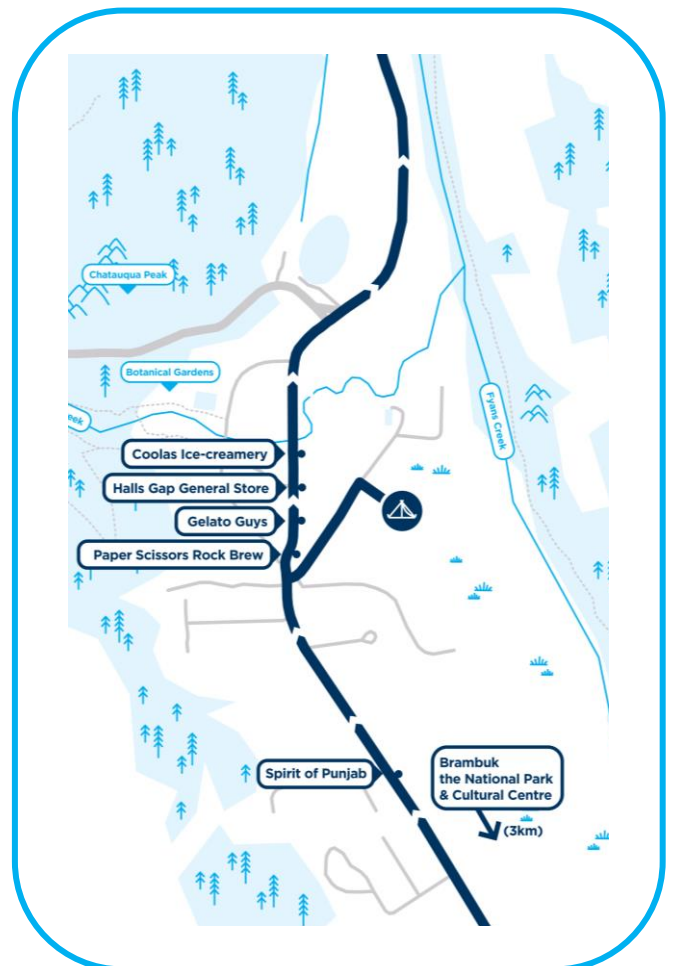
We know you've been there before, but here are a couple of highlights you may have missed!

Brambuk: The National Park and Cultural Centre

About a 3km pedal from our campsite in Halls Gap, the award-winning building hosts Australia's longest running indigenous cultural centre, and provides an opportunity for you to connect and learn more about what Gariwerd (Grampians) means to the local Jadawadjali and Djab Wurrung people.

Paper Scissors Rock

This independent craft brewery located in the centre of Halls Gap is a favourite spot for locals and visitors to enjoy delicious craft beers, great pub-style food and regular live music.



THE DAILY EXTRA

CALLING ALL TALENTED PEOPLE!

If you have a talent, or even half talent, we want to see it! The talent show will take place on the main stage in the great big catering marquee from 6.30 – 7.30pm tomorrow evening. Make sure you sign up for the Little Vic Talent Show at The Hub (the big blue container) before then.

P.S – You don't have to be super talented to participated! It's just a bit of fun (I will be doing a handstand and challenge anyone to beat me).

A 32-year riding streak...and counting!

By Chris Karelas

Today I was pleased to meet Graham Leary, 77, who will be riding the Great Vic Bike Ride (GVBR) for the 32nd time in a row!

Having done every single GVBR since 1989, and after a two-year involuntary rest break due to lockdowns, he is pleased to be back on the pedals for Little Vic this year, albeit it being only a 'little' event.

Not only did Graham complete every bike ride in the last 31 years, he also did a bit of long distance riding around Queensland with distances of around 600-650km in his spare time.

When asked what was most memorable or noteworthy about all this riding experience, he mentioned that he was part of the one and only GVBR event that actually began in NSW. Participants had the option to start their trek in the Blue Mountains six days earlier as opposed to the official start point in Holbrook. In total, 1000 participants opted to take part in the 'warm up' cycle prior to the official beginning.

Casting his mind back to 1994, the GVBR's 10th anniversary event, Graham recalls the 18-hour bus ride from Melbourne to Blue Mountains National Park, and beginning the ride at 2pm on what happened to be one of the warmest days had in the last six months. Adding a few hills into the mix, it was quite a tough and toasty start. The 1000 alpine enthusiasts then met up with the other 3000 GVBR riders in Holbrook to start the official route. A newsworthy endeavour for sure, and we wish you well with many more Great Vic events to come! We will see you at GVBR 2022 in November this year, for ride

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NEWS FROM THE OUTSIDE WORLD

Woman from Georgia Charged with Faking a Pregnancy

In an attempt to get seven weeks paid leave from her job as director of external affairs at the Georgia Vocational Rehabilitation Agency, Robin Folsom wore a baby bump to work to deceive her work colleagues. It did not go to plan though, after they realized that something was suss. Being her second attempt at a pseudo-birth, she could be spending up to 25 years in prison and pay up to \$103,000 in fines. Not a cheap endeavor, Robin!

Brain Freeze on a Whole New Level

A Californian man has lost part of his skull after consuming too many energy drinks. With dreaded longer work hours and commuting, Austin took to energy drinks to keep him going. Cause unknown at the time, he suffered a brain hemorrhage and coma as a result, followed by unexpected strokes, seizures and swelling of the brain. This took a toll on Austin's health, leaving him with the frontal portion of his skull having to be removed. Toxicology reports reveal that the only probable cause was the caffeine-laced fizzy beverages he indulged in on the hour. Ouch!

CROSSY'S CORNER

This very small section of the Good Oil is dedicated to everyone's favourite Bicycle Network squad member, Richard Cross, notorious for his insufferable dad jokes. We apologise in advance!

Food for thought, by Crossy:

Isn't a hen looking at a lettuce leaf just a chicken Caesar salad?

Some guy spilt a glass of milk on me and didn't apologise. I thought how dairy...

If you didn't hear the rumour about butter, I'm not going to spread it.

A cheese factory exploded in France, there was Da Brie everywhere.

I never buy shredded cheese, because doing it yourself is grate.



DUNKELD FACTS!

- A resident from Dunkeld held the previous world record for the most consecutive skips of a stone on water (75) – broken in 2013 (88).
- In January 1944, fires destroyed one-third of Dunkeld's houses and only the Royal Mail Hotel remains from the five original establishments.
- The 2017 Dunkeld Cup – a prized annual horse race – was won by part-time hobby trainer and PE teacher, Geoff Withers. Fittingly, the horse's name was 'Unrealistic'.



SPECIAL SHOUT OUT!

Big shout out to the flamboyant (or flam'girl'ant) flamingo crew for their bright jerseys and personalities, not to mention their impeccable manners!



LITTLE VIC

THE GOOD OIL

ISSUE 3

SATURDAY 2 APRIL 2022: DUNKELD - DAY 3

Tomorrow's riding: Halls Gap to Great Western (53km)



THE HEART OF THE GRAMPIANS

Located in the Fryans Valley at the foot of the Wonderland and Mount William Ranges, Halls Gap was originally known as "Mokepilli" to the indigenous inhabitants the Mukjarawaint, who occupied the area for more than 5000 years.

In 1841, Charles Browning Hall came across the area in search of cattle grazing ground, and the gap at the base of the Grampians was named after him. The local indigenous communities are reported to have helped the settlers explore the region, worked as stockmen and taught the Europeans their bush skills. This sounds like the sort of community spirit that Great Vic riders are very familiar with.

In the 1880s, a tramline from Halls Gap to Stawell was built to deliver Grampians stone to build the Stawell courthouse and St Patrick's Church, and the building materials were further transported for Government House in Melbourne and the Melbourne Town Hall.

Today, Halls Gap is one of the most popular holiday and daytripper destinations in the area, with over 100 separate walking tracks and paths heading into the Grampians National Park. And of course our first and third stop on the Little Vic Bike Ride. Welcome back!

MAJOR PARTNER



PARTNER



HOSTS



TODAY'S MENU

Tonight DINNER

STANDARD: Beef brisket, potato salad and coleslaw

VEGETARIAN: Chickpea fritter, potato salad and coleslaw

GLUTEN FREE: Beef brisket, gluten free salad and coleslaw

GLUTEN FREE VEGETARIAN: Chickpea fritter, gluten free salad and coleslaw

GLUTEN FREE VEGAN: Chickpea fritter, potato salad and coleslaw

VEGAN: Chickpea fritter, potato salad and coleslaw

DESSERT

STANDARD: Apple pie and cream

VEGETARIAN: Apple pie and cream

GLUTEN FREE: GF apple pie and cream

GLUTEN FREE VEGETARIAN: GF apple pie and cream

GLUTEN FREE VEGAN: GF apple pie and cream

VEGAN: Apple pie and cream

Tomorrow BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

WHAT'S ON

ENTERTAINMENT

Main stage entertainment

3:30pm – 6:00pm – Caravan Sounds

From 6.30pm(ish) – Talent show

From 7:30pm(ish) – 80's Enuff

Outdoor cinema

From 5pm – Space Jam

From 7.30pm – Gone Girl

TODAY'S CAMP



TODAY'S SHOUTOUTS

This is Bernadine. She just turned 60 and is celebrating her birthday at the Little Vic! Happy birthday Bernie.

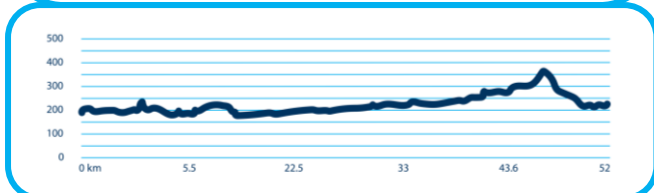


This is Lake Bolac College, and this is their first ever Great Vic bike ride!



TOMORROW'S RIDE

Tomorrow's final day of riding will be a short but sweet journey to Great Western, after an accumulated 200kms over the past few days. But it's not over once you cross the finish line! Hopefully you've saved some energy to explore Great Western, a pretty little town that punches well above its weight and is quickly becoming known as the premier food and wine village of the Grampians.



TOMORROW'S WEATHER

MIN: 12° MAX: 19°

High 19 Low 12 Partly cloudy. Mild winds SE 10 to 20kms.

FINISH SITE

SEPPELT WINERY

Seppelt's Great Western winery was founded back in 1865 when John Seppelt commissioned local gold miners to tunnel the underground cellars that became known as 'The Drives'. By 1900, Seppelt had become the largest wine company in Australia, and today they are excited to be welcoming Little Vic riders across the finish line.

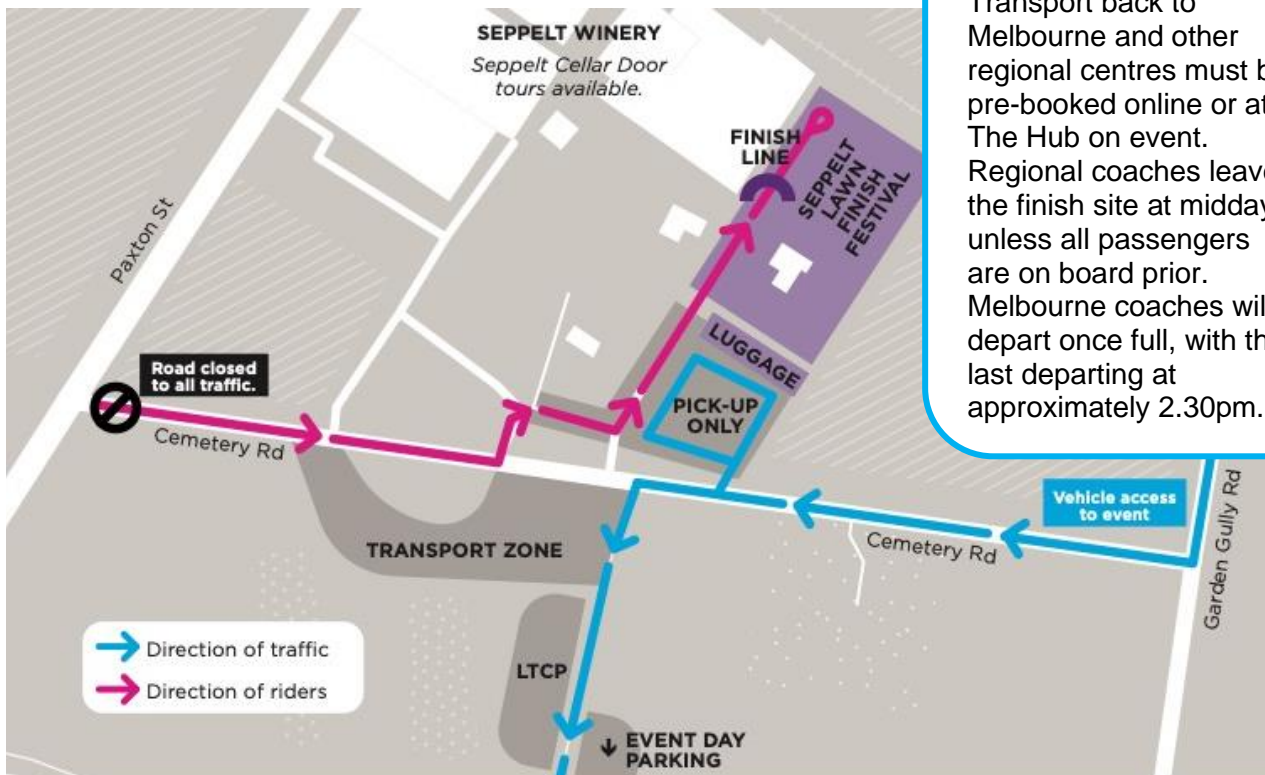
"We are truly excited to be hosting the finish of the Little Vic Bike Ride. Bicycle Network's events have added so much value and interest throughout regional Victoria over many years. We embrace the event, the riders, the support crews and all the families. Please come, stay, enjoy and then return to Great Western; we know you will enjoy what we have to offer," Bruce Ahchow, CEO Great Western Enterprises, incl. Seppelt Cellar Door.

GETTING PICKED-UP?

If you have organised your own transport home from Great Western, please meet your family and friends in the quick pick up zone located in the main Seppelt car park. If they want to cheer you across the finish line, parking is available across the road at the Great Western Rec Reserve.

NEED A RIDE?

Transport back to Melbourne and other regional centres must be pre-booked online or at The Hub on event. Regional coaches leave the finish site at midday, unless all passengers are on board prior. Melbourne coaches will depart once full, with the last departing at approximately 2.30pm.



THE DAILY EXTRA

RIDER STORY

Written by Isobel Heer

It all started two decades ago when Wilson and his son John did the Great Vic together 5 consecutive years.

Now the third generation of the family has joined them, Isobel.

We were all really excited to do the ride together and here we are.

It has been a really good ride so far and we are looking forward to the rest of it.

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Thanks Isobel, and well done on all of the Heer family riding so far. See you tomorrow!

Pictured:

Wilson Heer (78)

John Heer (42)

Isobel Heer (11)



NEWS FROM THE OUTSIDE WORLD

For Valentine's Day, the Bronx Zoo lets you name a roach after your sweetheart

The Bronx Zoo is offering an unusual way to show your undying love: its Name a Roach program. For \$15, you can name a Madagascar hissing cockroach after your special someone.

A potato the size of a small dog is found in New Zealand

A couple discovered the giant spud while weeding. "We couldn't believe it," said Donna Craig-Brown. "It was just huge." They've applied to Guinness to have it recognized as the world's largest potato. An official weigh-in at a local farming store put the spud at 7.8 kg.

A 6th-grader gave a classmate the Heimlich and saved a woman from a fire in one day

An 11-year-old boy from Oklahoma is being honored for his heroism after he saved a choking classmate and rescued a woman from a house fire in one day.

A Norwegian student found a boat launched by New Hampshire middle-schoolers in 2020

The Rye Riptides began as a science class project in New Hampshire. Some 462 days and 8,300 miles later, a sixth-grader retrieved it from an uninhabited Norwegian island, with its notes still intact.

CROSSY'S CORNER

This very small section of the Good Oil is dedicated to everyone's favourite Bicycle Network squad member, Richard Cross, notorious for his insufferable dad jokes. We apologise in advance!

My cloning experiment has really paid off... now i'm beside myself

Have you heard about the new Skydiving fad? Jumping out of a plane without a parachute... Apparently, it's a once in a lifetime experience

... And the difference between a skydiver and a golfer is a golfer goes wack, darn and a skydiver goes darn, wack

I took the shell off my racing snail, thinking he would go faster... but if anything it made him more sluggish

*What is Forest Gumps Password?
... 1forrest1*



Pictured below:
Monica Nitz



BIKE RIDING ON A WHOLE NEW LEVEL

By Chris Karelas

Walking around the campsite today I was surprised to see many, many bikes scattered all around, but what took me by most surprise was Monica Nitz's heavy-duty 30kg Surly Bridge Club, loaded up with all her gear. Fully self-sufficient and carrying her own tent, food, water, clothing and supplies, Monica rode all the way in from her home in Queenscliff, a 330km pre-journey over three days to the Little Vic event in Halls Gap!

An experienced bike-packer at heart, this journey was just an ordinary few days out on the trail, camping over at Enfield State Park near Bunnyong on night one and Mugwamps Campground in Mount Cole State Park on night two. From Queenscliff she pedalled through the towns of Geelong, Bunnyong, Beaufort, traversing Mount Cole and the mighty Lang Ghirin, *"just for the extra adventure"*, revelling in the coffee stops in every town along the way! Last year, Monica reported that she rode a total of 6000km, completing the 1000km Munda Biddi trail from Albany to Perth, then riding 5000km from Perth all the way to her home in Queenscliff.

This was timed to coincide with finishing just in time for the anticipated GVBR from Rainbow to Great Western, however, was unfortunately cancelled due to lockdowns in 2021. She was already on the road and thought to herself *"Why not, I'll just ride home instead"*.

When asked what motivates her to engage in bike packing and outdoor adventures, Monica expressed that it *"puts you in an environment in an amazing way of being able to experience it – you get to hear it, smell it, taste it"*. With bike packing you can be flexible with the route you take, allowing you to opt for adventurous detours, cover longer distances, as well utilising a sustainable transport option.

A bit perplexed myself as to why Monica would want to partake in GVBR events given her experience with tougher adventures, she explained that there is a big difference between self-directed adventure, being on your own, and being part of a big group where there is a sense of community. Seeing how an event such as the Great Vic operates is pretty awe-inspiring for her - *"The way the ride is arranged and how all the little components go together to make it all work is just amazing"*.

Monica is also a volunteer on the Little Vic this year, working in the catering team, and looks forward to the upcoming GVBR towards the end of this year! We wish you well on your adventures and hope to see you very soon again out on the trails!